GOOD NEWS FOR HOMEMAKERS

By Shirley W. Walton
Extension Agent

Congealed Salads Are Delicious

Springtime is here and nothing tastes any better than a good delicious nutritious congealed salad. Foods that combine well in fruit or vegetable salads are also suitable for gelatin molds.

Molded salads have become increasingly popular in making attractive appetizing combination to meals. Although gelatin molds are not difficult to prepare, a few tips may be helpful:

1. To make a firm mold, use less liquid than is specified on the package. For fruit flavored gelatin or for one envelope of plain gelatin, use 1¾ cups of liquid instead of 2 cups.

2. When using canned fruit, substitute part of the liquid in which the fruit is canned for part of the liquid needed in mixing the gelatin.

3. To make molded layers of gelatin, mix the first layer and allow it to set until firm. Then add the next layer which has been cooled and partially thickened. If the layer being added is too firm, the layers may slip apart when the salad is unmolded, or if the layer is warm and soft, it will run into the bottom layer; therefore, creating an undesirable mixing of the layers.

4. To prepare a fixed design, arrange the pattern in a thin layer of partially congealed gelatin. Chill layer until firm and add the remaining gelatin.

5. Allow gelatin to thicken slightly before adding fruits and vegetables. This will prevent the foods from sinking to the bottom.

6. To unmold the salad, loosen around the edge with a tip of a knife that has been dipped in warm water. Then lower the mold into lukewarm water to the depth of the gelatin. Lift the mold from the water and shake gently to loosen the gelatin. Place a plate or serving dish over top of the mold container, invert and lift off mold. It is easy to center a mold if the plate and surface of the salad are slightly moistened before being inverted.

7. Prepare large molds from 12 to 24 hours in advance of serving time. This allows the gelatin to set thoroughly before unmolding. After unmolding, garnish the salad with a sprig of parsley, celery leaves, mint or other greens. The ability to create a masterpiece may take a little practice, but the lovely results should be worth the time spent.

Salads in our menus provide excellent source of fiber for the family's diet. They also give variety, color and are real appetite pleasers. You will also find that congeal salads are excellent sources of nutrients for the family's diet. Should you be interested in learning more about how you can provide these nutrients for your family, you may call the Appomattox County Extension Office at 352-8244 or write us at P.O. Box 488, Appomattox, Va. 24522. We shall be happy to send you a booklet telling you all the nutrients contained in various foods.

My co-worker, Lonnette Marsh, and I have assembled information on "Bags, Bags, and More Bags." This information contains patterns and diagrams for various types of pocketbooks that you can make. If you are interested in receivng a copy of this free material, you may call or write us. We will be happy to send this information to you immdiately.

Homemakers, have a good week!

RECIPE OF THE WEEK
Spoonbread Tamale Bake

¼ cup olive oil
1½ lbs. ground chuck
1 cup chopped onions
1 clove garlic, minced
½ cup chopped green peppe
1 can tomatoes (2½ cups)
1 12 oz. can whole kernel corn
1 tablespoon salt
1½ tablespoons chili powder
¼ teaspoon black pepper
½ cup corn meal
1 cup water
1 cup pitted ripe olives
1½ cups milk
1 teaspoon salt
2 tablespoons butter or oleo
½ cup corn meal
1 cup grated cheddar cheese (¼ pound)
2 eggs lightly beaten

Brown chuck in oil in skillet. Add onions, garlic and green peppers. Cook, stirring until onions are golden. Stir in tomatoes, corn, 1 tablespoon salt, chili powder and pepper. Simmer 5 minutes. Stir in ½ cup corn meal mixed with water. Cover, simmer 10 minutes. Add olives. Turn into 3 quart casserole. Meanwhile, heat milk with 1 teaspoon salt and butter. Slowly stir in ½ cup cornmeal. Cook, stirring until mixture thickens. Remove from heat. Stir in cheese and eggs, pour over meat mixture in casserole. Heat oven to 375. Bake 1 hour and 10 minutes or until bubbling hot. Makes 6 to 8 servings. Thanks to Mrs. Helen McLaughlin for sharing this recipe with us. This will be great for a good company supper.

Mrs. Oliver's 4-H Club

Mrs. Oliver's 4-H Club met on March 20th. Selma Anderson led the Pledge of Allegiance to the American flag. Ronald Kelso led the 4-H pledge. Marsha Cheatham and Jill Nealley led us in songs and games. Gina McCormick read the minutes of the last meeting. Mr. Sweet talked about the birdhouses, pine seedlings and public speaking certificates. He also talked about 4-H camp, and the wildlife feed patches. Miss Marsh showed us some posters for demonstrations, and we went over a sheet of paper about demonstrations and illustrated talks.

Monte Ray Ferguson, Reporter

Miss White's 4-H Club

Miss White's 4-H Club met March 15, 1979, Martha Haley called the meeting to order. Tames Cash led us in the Pledge of Allegiance and Flo Fleshman led us in the 4-H pledge.

The recreation leader led us in a game called "Name the Object. Then April Archer read us the last week's report.

Then we talked about 4-H pine seedlings and public speaking and building bird houses.

Our next program will be on April 28, "Demonstrations". Then Martha Haley adjourned the meeting.

Marie Neathawk, Reporter

The Way He Sees It . . .

By Frances Paulette

Bob Mitchell, a senior at Appomattox County High School is totally blind AND the best telephone salesperson employed in Appomattox by Olan Mills.

Jim Lawson of Olan Mills has been at the Lee-Grant Motel in Appomattox just recently. He has been supervising the local workers he hired as telephone salespeople. One of those workers has done an outstanding job, not only in the securing of bookings for future portrait settings but in his ability to get along with people. His name is Bob Mitchell, the son of Rev. and Mrs. E. V. Mitchell of Appomattox County, and he is totally blind.

Lawson,who has been with Olan Mills quite a few years was more than sympathetic when young Mitchell answered the newspaper ad for telephone salespersons. He carefully explained to Mitchell that he appreciated his coming for the interview but in all fairness to the boy and to the company it would be totally unfair and unwise for Lawson, as a representative of Olan Mills, to hire him. Bob Mitchell wasn't about to be discouraged. He told Lawson, "just let me show you what I CAN DO."He showed Lawson just how capable he is and he was hired on the spot.When Lawson informed one of his coworkers of his hiring the blind student they thought he had lost his mind.BUT, when Mitchell started work and began "bringing in the bacon" by signing people to contracts, the Olan Mills executives changed their minds. So much so, in fact, that they have offered Mitchell a position for the summer in their Lynchburg Studio. He has accepted.

Mitchell was born December 24, 1960 in Newport News; when he was five years of age he operations which resulted in total blindness. For the first year of his blindness Bob attended school at home and then began attending school for the deaf and blind in Staunton.

Said Mitchell in a recent interview, "I attribute my success in public schools to the knowledge I gained at this institution for the deaf and blind."

In the fall of 1976 he began school in Albermarle and after that we moved to Appomattox and I will be graduating from Appomattox County High School in the spring.

In speaking of his blindness Mitchell said, "The state has provided several special programs that have greatly assisted me in my day to day experiences. One of those being, to learn to use an opticon which is an aid to allow a blind person to read regular printed material. Another aid that I have learned to operate is a sonic guide. This is a pair of glasses that operate on the theory of radar. It sends out waves and when contacting a surface the wave returns to a receiver on the glasses. The waves are then converted into different tones depending on the surface of the contacted area. I have completely mastered braille and braille about 90 to 100 words a minute. I can also type about 65 or 70 words a minute."

Bob's hobbies are reading, writing, walking and electronics. He is presently working on receiving his novice licegse to operate as an amatuer station.

What can you say about a young man like this except "Congratulations, we think you are an outstanding young man."

Yes sir, the way he sees, nothing is impossible!

4-H Notes

Tuesday, March 20, 1979 Mrs. Farmer's Class had their 4-H meeting. During the meeting, we played games. Then Mr. Sweet talked to us about 4-H demonstrations and gave out sheets about it. Before the meeting was over we played another game. Then the meeting was adjourned by our president.

Debra O. Kelso, Reporter

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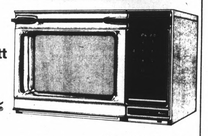

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"The South 40" by JAMES A. SMITH EXTENSION AGENT

A summary of the 1978 feeder pig sales was recently completed. It makes some interesting comparisons and thus points the way toward increased profits.

151,183 pigs were marketed through organized feeder pig sales last year. They are divided into five grades, number 1, 2, 3, utility and 4. Grades 1 and 2 are the top grades. Number 3 pigs are lighter muscled or shorter than the top grading pigs. They grow slower and less efficient utilizers of feed. The Number 4 pigs are too short or small framed. They start to put on fat and require more feed per pound of gain at lighter weights than larger framed pigs. The utility pigs are light muscled and somewhat unthrifty due to breeding, poor management, parasites, disease or nutrition. They grow slowly, need special attention and the death losses are higher than in the other grades.

The summary showed that 1's and 2's averaged 4 pounds heavier than 3's and brought $5.99 more per 100 pounds or $6.68 more per head. When the 1's and 2's were compared with utilities, the top grading pigs averaged 11 pounds more and brought $19.41 more per 100 pounds or $18.18 more per head. Comparing 1's and 2's with number 4's, the top grading pigs averaged 2 pounds more and brought $20.14 more per 100 pounds or $13.61 per head.

Even though 44.8% of all pogs marketed grade number 1 or 2, there is still much room for improvement. There are dollars to be made from doing a better job of doing the little things and managing.

• • •

We've been asked to assist with an Entomology research project underway at Virginia Tech. This project has to do with wireworms and white grubs found in Virginia corn land.

We need your help! Please help us obtain white grubs and wireworms from corn land. Put the insects in a small vial of alcohol and indicate what crop was grown on that field in the previous year.

Your help in establishing seasonal and geographical distribution records will be appreciated. Remember we'll need these throughout the year, not just at this time of year.

• • •

Looks like some changes will be necessary for calves consigned to the fall calf sales. Buyers are demanding further protection during this period of high prices.

The Lynchburg Feeder Cattle Board of Directors will be meeting on April 12 to decide whether BUD, IBR and P13 will be required. Also, they will decide whether to continue with Blackleg and malignant Edema or replace the farm at the time of vaccination.

This involves additional costs, guarantees and cooperation, but may be necessary if we are to maintain a preferred market.

• • •

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• • •

We have the opportunity to nominate a young flue or Burley tobacco grower as the "Outstanding Young Tobacco Grower". Must be under 35 and receive 75% of net income from farming, engage in sound production practices and exhibit leadership potential.

This program is sponsored by Phillip Morris, USA. Winners receive framed certificate, attend banquet with wife hosted by the sponsor and cash award of $250.00.

We would like to nominate a person for this award from Appomattox County.

To Hold Tryouts For Musical Comedy

The Campbell County Little Theatre will hold tryouts for the musical comedy version of "Ten Nights In A Barroom". Auditions will be Monday and Tuesday nights, April 9 and 10, at the Recreation Department building and Wednesday and Thursday night, April 11 and 12 at Brookville Middle School. Times will be 7:30 until 9:00 each night.

The play calls for seven male roles and seven female roles, plus several for olios between acts. "Ten Nights In A Barroom" is an uproarious comedy in the melodrama tradition. It has been adapted by Fred Carmichael from an old temperance drama by William Pratt. Al least two "villians" are needed, two "heroines", a country bumpkin, a traveling philosopher, a distraut wife, a drunken husband and many more.

The show is being directed by Al Scheckwitz who had been active in Theatre in Lynchburg for many years.

If further information is needed, call the Campbell County Recreation Department.

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Do-It-Yourself Can Reduce Food Costs

"Home gardens and buying directly from farmers through 'pick - your - own', roadside stands, and farmer's markets can help reduce food costs for many consumers," Commissioner S. Mason Carbaugh of the Virginia Department of Agriculture and Consumer Services said today.

Carbaugh pointed out that now is the time to plan and begin a vegetable garden. He added, "I know from personal experience that money can be saved even with a small garden, and there are savings too with pick-your-own fruits, roadside stands, and farmer's markets. Since all of these methods offer freshness as a bonus to savings, I think consumers have much to gain by taking advantage of them."

According to VDACS home economists, home canning and freezing will not only preserve fruits and vegetables for later use, but it will help preserve the savings from home gardens, pick-your-own, roadside stands, and farmer's market produce. The home economists, who regularly check food prices, agree that fruit and vegetable prices are always lowest when locally grown produce is abundant.

Information about home canning, freezing and preserving is available free from local Virginia Tech Extension Offices, or by writing Marketing Services, Division of Markets, VDACS, 203 N. Governor Street, Richmond, Virginia 23219.

The Virginia Department of Agriculture and Consumer Services Division of Markets publishes yearly guides to pick-your-own growers and has a list of farmer's markets to assist consumers.

A "Small Fruit Pick-Your-Own Guide" soon will be available free by writing the Division at the above address. This guide will give locations and information about farmers offering pick-your-own services for strawberries, blueberries, raspberries, and blackberries. Strawberries will be ready for picking about mid-May; blueberries and raspberries will start in mid-June with another type of raspberry in early August; and blackberries will be ready in late July.

Separate pick - your - own guides will be available later for peaches, which start ripening about July 10; grapes, which start in mid-August; and apples, which begin in mid-September. Consumers may request these guides from the Division of Markets at the above address.

Farmer's markets and roadside stands offer another method of reducing food costs by buying directly from farmers. A list of 15 farmer's markets around the state, including days and hours open, is available free by writing the Division of Markets at the above address.

Nottoway Young Farmers Win In Soils Judging

The Soils Judging team of the Nottoway County Young Farmers Association placed first in the annual area contest at Rustburg March 29. Appomattox County was runner-up. Third place went to Buckingham County.

Members of the winning Nottoway team are Broadus Hart, Robert Paulette, Robert McDaniel, and Todd Martin. T. H. Jenkins is the team coach.

Broadus Hart of Nottoway finished first in individual scoring. Robert Paulette and Robert McDaniel,also of Nottoway and R. L. Cordell and Curry Richardson of Appomattox finished second, third and fourth and fifth, respectively.

R. E. McClenny Jr., District Conservationist, and Tony Lynn and Larry Holmes, County Conservationists, SCS, selected the test plots and made official placing W. K. Carroll, instructor of agriculture in the host Rustburg High School, was in charge of local arrangements.

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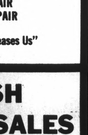

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